



MUSA REC Curriculum U12



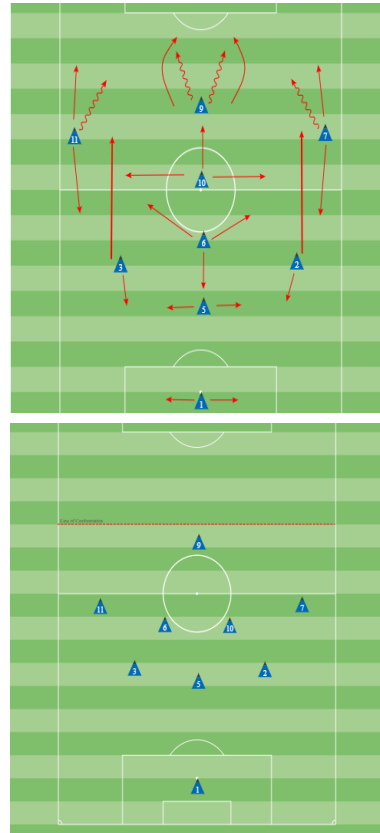


Rules – U12

Game Model: 9v9
Field Size: 70x55 yards
Match length: 2-30 min halves
Referee: 3 Referees

Ball Size: 4
Goalie: Yes
Heading: Yes
Punting: Yes
Offsides: Yes
Sliding: Yes

Restarts: Throw-ins



Attacking shape
1-3-2-3

Defending shape
1-3-4-1

Build Out: No Build out line

Substitutions/Playing time: Normal stoppages, 50% playing time for each player





Curriculum based on ages and stages

U11 – U12 (9v9)		
Players mastering technical abilities while being introduced to tactical understandings. Emphasize technical possession with a small sided tactical setting. Introduction of team tactical principles. Create a fun, yet competitive environment for individuals and teams.		
Coaching Methodologies		
Play – Practice - Play • Guided Questioning • Constant		
Simple to Complex		
Progressive, Regressive, Progressive		
Direct Coaching, Coaching in the Flow		
Principle of Game Model		
Sectional Individual		
Technical	Tactical	Psychological
- Master individual skills	- Team attacking	- Have FUN
- Possession over distances	- Team defending	- Competitive, Hard Work
- Attacking/receiving out of air	- Team shape, positional roles	- Teammate recognitions
- Use of both feet, ball striking	- When to pass, when to dribble	- Thinking outside of the box
	<i>Respect, Discipline, Hardwork, Fun</i>	

Stage of development with tactics that include both small groups and the entire field. Training should still focus on technical and touches, keep tactics to no more than 4 players at a time rather than the whole team. Really focus on sharing and defending in numbers. Patterns work well. Small sided games work well.

Practices shouldn't last more than one hour and a half, and can be shortened based on the load and fitness of these athletes. Practices should maximize movements and touches on the ball. Every session should include a GK.





Practice Day: _____ Time: _____ Field: _____

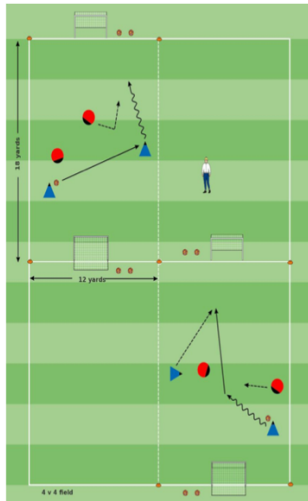
Season Plan

- Week 1: Dribbling – teaching them to move with the ball
Pass and Move – teaching them to pass to a teammate and then move to help
- Week 2: Build from the back – team building from defensive half
Defending – teaching them to defend the goal, defend player
- Week 3: Dribbling – teaching them to dribble around defenders
Midfield Play – team play in the middle of field
- Week 4: Scoring – teaching them scoring is fun
Defending up front – prevent opposition from building
- Week 5: Pass and Move – teaching them to pass to a teammate and then move to help
Dribbling and Passing – teaching them when to pass and when to dribble
- Week 6: Shape – teaching them shapes, triangles and diamonds,
Angles
Dribbling – teaching them to turn with the ball
- Week 7: Defending from the back – prevent opposition from scoring
Small sided games – 2v2, 3v3s
- Week 8: Scoring – teaching them scoring is fun
Build from the back – team building from defensive half





Dribbling



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances

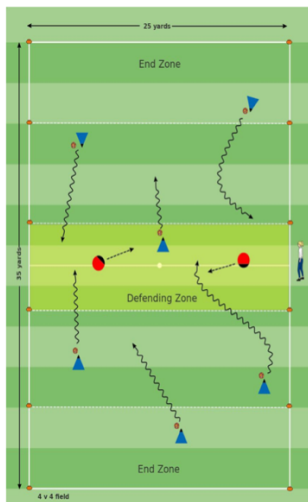
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play and rotate players between games. Play for 20 minutes with two to three breaks.

KEY WORDS: Opening, go forward, pass, dribble

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.



PRACTICE (Core Activity): Dribbling Game

OBJECTIVE: To dribble past opponents

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play for 20 minutes with two to three breaks.

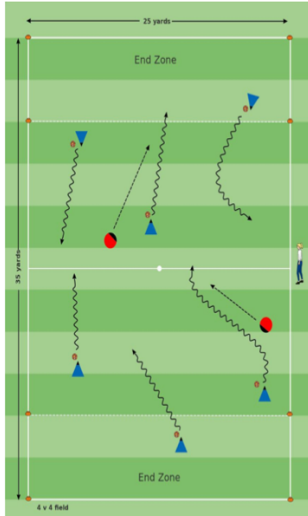
KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase. Refer to the Training Session Manual.





PRACTICE (More Challenging): Dribbling Game (Two free defenders)

OBJECTIVE: To dribble past opponents.

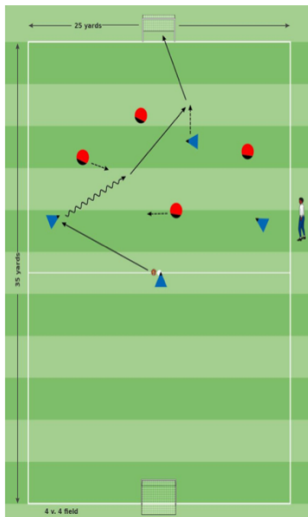
ORGANIZATION: Same as Core Activity, except the two defenders may defend anywhere but the end zones. They switch with the attackers when they win the ball, or every two minutes.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase. Refer to the Training Session Manual.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents and create chances

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Opening, pass, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening? 4) How do you keep the ball close? 5) How do you dribble faster? 6) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it. 4) Be gentle/soft with the ball. 5) Use hard touches. 6) You have to use a different part of the foot.

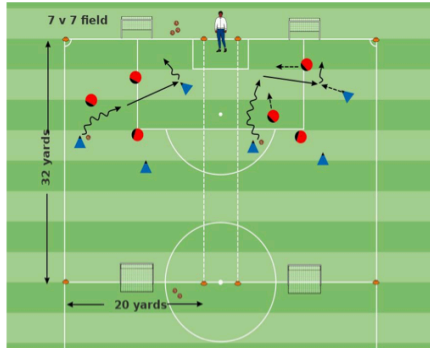
NOTES:

Notes: Fewer defenders makes it less challenging. Focus on using both feet. GK used in last phase of practice.





Pass and Move – teaching them to pass to a teammate and then move to help



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

ORGANIZATION: Mark out two 32 x 20 yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two to three breaks.

KEY WORDS: Opening, take opponents on, head up, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.



PRACTICE (Core Activity): 3 v 2

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

ORGANIZATION: Teams play 3 v 2 + GK on a 24 x 24 yard field with a standard goal and two small goals. Blue (attacking team) dribbles or passes in. Red starts from the top of the box and tries to win the ball and score on the small goals. All players (including the keeper) rotate every 2-3 minutes. Play for 30 minutes with two to three breaks.

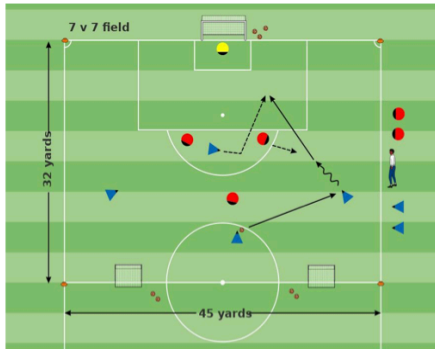
KEY WORDS: Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

NOTES: Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.





PRACTICE (More Challenging): 4 v 3

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

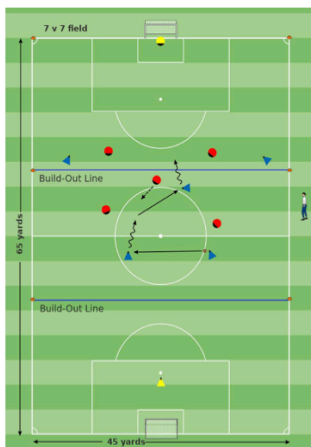
ORGANIZATION: Same as Core Activity, except teams play 4 v 3 + GK on half of a standard 7v7 field. All players (including the keeper) rotate every 2-3 minutes.

KEY WORDS: Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

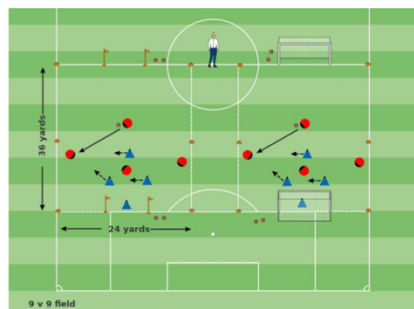
NOTES:

Notes: Receive across the body, find space before and after the pass is made





Defending – teaching them to defend the goal, defend player



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring

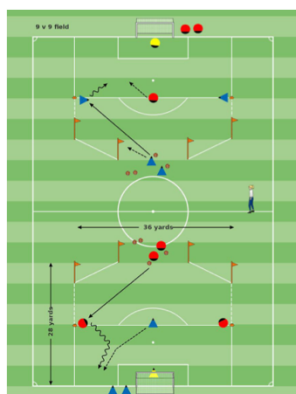
ORGANIZATION: Mark out two 36 x 24-yard fields. Teams play 4 v 4 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks

KEY WORDS: Stay compact, defend the player, defend the goal

GUIDED QUESTIONS: 1) Defenders, where should you steer the attackers to protect the goal? 2) Who should pressure the ball? 3) How do you apply pressure? 4) What type of stance should you use while defending 1v1?

ANSWERS: 1) Away from the goal, onto the wing. 2) The defender closest to the ball. 3) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; 4) A staggered stance with one foot in front of the other.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 1 v 1 on One Goal with Goalkeeper and Two Goal Line

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out two 28 x 36-yard fields, each with one goal and two goal lines. Position four attackers, three defenders and one goalkeeper on each field as shown. The central attacker starts the 1 v 1 with a pass to either teammate, then runs to that player's position. The defender reacts by running forward and trying to stop the receiver from

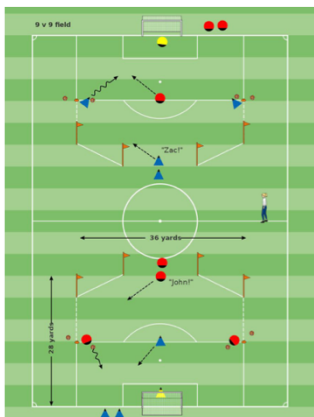
KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS: 1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with

NOTES:





PRACTICE (More Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

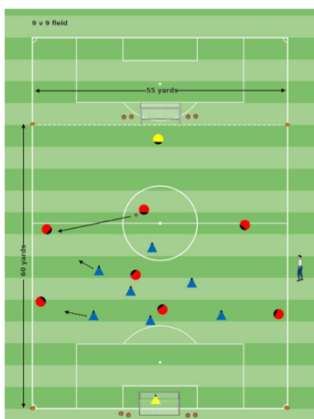
OBJECTIVE: To prevent the opponent from scoring

ORGANIZATION: Same as Core Activity, except the central attacker chooses a wing attacker (by calling the name), who dribbles onto the field for the 1 v 1.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS: 1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring

ORGANIZATION: Mark out a 60 x 55-yard field. Teams play 8v8 in a 1-3-1-3 formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, defend the player, defend the goal

GUIDED QUESTIONS: 1) How can you keep the opponent from scoring? 2) What should you do when you're the defender in a face-to-face 1 v 1 on the wing? 3) Which side do you not want the attacker to break through on? 4) Why?

ANSWERS: 1) Defend as a compact unit; apply pressure to the ball carrier; force the opponent to the sidelines; move with the ball; block shots. 2) Confront your opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing. 3) The inside. 4) Because that would put them in a much NOTES:

Notes: Teach them "goal side, ball side" Get between the ball and the goal first. GKs used in all parts of practice





Building for the back – Part 1



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack, move the ball forward and score

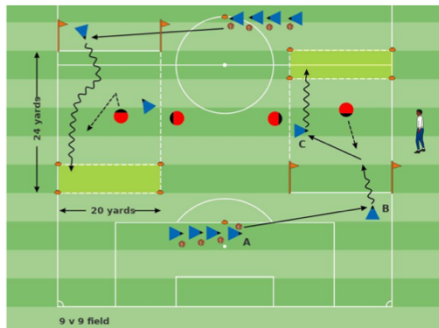
ORGANIZATION: Mark out two 36 x 24-yard fields. Divide players into four teams of four. Free play: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Play for 30 minutes with two breaks.

KEY WORDS: Use space, pass, dribble, hips open

GUIDED QUESTIONS: 1) How do you create the space you need to build a solid attack? 2) What's a good formation to use for that? 3) What are the central defender's options for building the attack? 4) How should wing players receive the ball?

ANSWERS: 1) Make the field as big as possible; push forward (no offside rule) and use the full width of the field. 2) A 1-2-1 diamond formation. 3) Dribbling, square pass, forward pass. 4) Hips open and across the body.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 2 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing

ORGANIZATION: Mark out two 24 x 20-yard fields with end zones. Choose four defenders (Red) and 12 attackers (Blue) and position them as shown. Player A passes to B, who dribbles onto the field to join C attack 2 v 1 on the end zone. The defender tries to win the ball and score on the goal line. Afterward, the attackers rotate counterclockwise. Play for

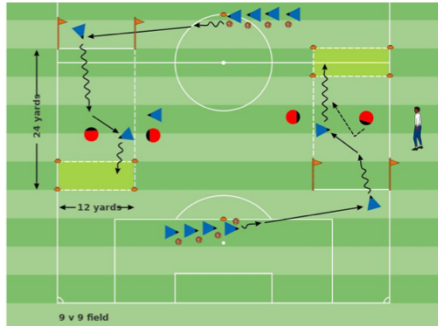
KEY WORDS: Pass, dribble, hips open

GUIDED QUESTIONS: 1) How do you take advantage of a 2 v 1 when you've got the ball? 2) What should you do if the defender steps to your teammate instead? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS: 1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Dribble past the defender on the outside. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot with heel down/toe up.

NOTES:





PRACTICE (More Challenging): 2 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing

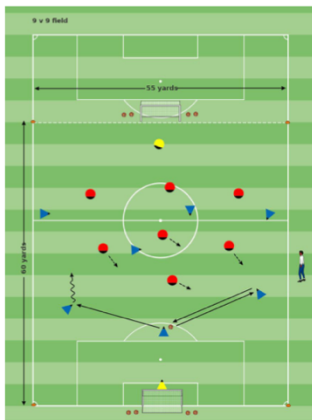
ORGANIZATION: Same as Core Activity, except on a 24 x 12-yard field.

KEY WORDS: Pass, dribble, hips open

GUIDED QUESTIONS: 1) How do you take advantage of a 2 v 1 when you've got the ball? 2) What should you do if the defender steps to your teammate instead? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS: 1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Dribble past the defender on the outside. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot with heel down/toe up.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, move the ball forward and score

ORGANIZATION: Mark out a 60 x 55-yard field. Teams play 8 v 8 in a 1-3-3-1 formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, pass, dribble, be open

GUIDED QUESTIONS: 1) How do you create the space you need to build a solid attack? 2) How do you take advantage of a 2 v 1 when you've got the ball? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS: 1) Make the field as big as possible; push forward and engage individual opponents; use the full width of the field. 2) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the

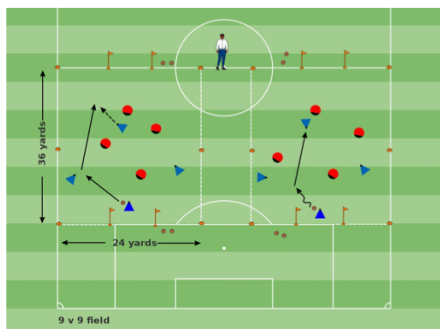
NOTES:

Notes: Can make the number of passes they make as the number of goals they score to encourage more passes. GKs used in last phase of practice





Building from back – Part 2



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack, move the ball forward and score

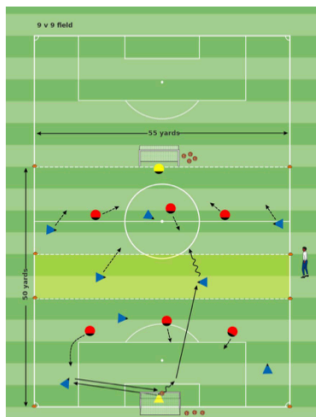
ORGANIZATION: Mark out two 36 x 24-yard fields. Divide players into four teams of four. Free play: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) What do you do when opponents immediately start trying to disrupt your attack? 2) How do you create the space you need to build a solid attack?

ANSWERS: 1) Stay calm, build the attack in a controlled way and play safe combinations to move the ball forward into the opponent's half. 2) Make the field as big as possible; push forward (no offside rule) and try to engage individual opponents; use the full width of the field.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): From 4 v 3 to 5 v 4

OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Divide a 55x 50-yard field into three zones. Divide players into teams of 9 and 7 (Blue and Red) and assign them to zones as shown (1-3-2-3). Blue starts out attacking 4 v 3. If they can successfully pass into the center zone, they then attack 5 v 4 on Red's goal. Red tries to win the ball and score on Blue's goal. Play is restarted by Blue's

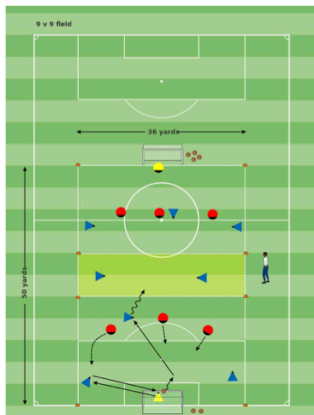
KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) On distributions, where should the outside defenders show for the ball? 2) Why? 3) How should they position their bodies? 4) After they receive the ball, how should they build the attack? 5) What if they can't do that?

ANSWERS: 1) Just outside the penalty box sidelines, close to the endline. 2) To make the field as big as possible. 3) Open up hips to face up the field. 4) Take the ball forward and look for potential receivers. 5) Stay calm, "peel" away or pass to the keeper to switch the point of attack.

NOTES:





PRACTICE (More Challenging): From 4 v 3 to 5 v 4

OBJECTIVE: To build a solid attack, move the ball forward and score

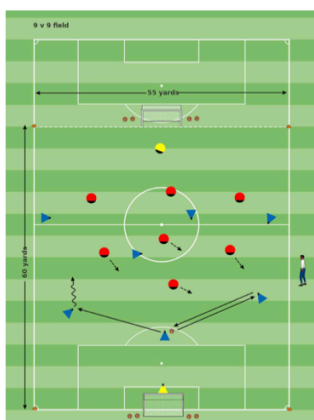
ORGANIZATION: Same as Core Activity, except the field is only 36 yards wide.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) On distributions, where should the outside defenders show for the ball? 2) Why? 3) How should they position their bodies? 4) After they receive the ball, how should they build the attack? 5) What if they can't do that?

ANSWERS: 1) Just outside the penalty box sidelines, close to the endline. 2) To make the field as big as possible. 3) Open up hips to face up the field. 4) Take the ball forward and look for potential receivers. 5) Stay calm, "peel" away or pass to the keeper to switch the point of attack.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, move the ball forward and score

ORGANIZATION: Mark out a 60 x 55-yard field. Teams play 8 v 8 in a 1-3-3-1. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) What do you do when opponents immediately start trying to disrupt your attack? 2) How do you create the space you need to build a solid attack? 3) On distributions, where should the outside defenders show for the ball?

ANSWERS: 1) Stay calm, build the attack in a controlled way and play safe combinations to move the ball forward. 2) Make the field as big as possible; push forward and try to engage individual opponents; use the full width of the field. 3) Just outside the penalty box sidelines, close to the endline.

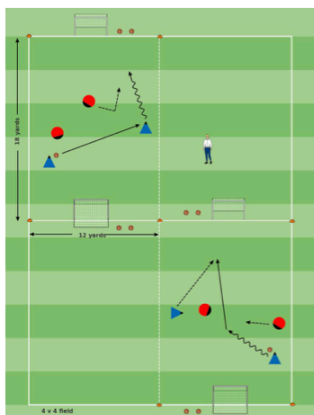
NOTES:

Notes: Find spaces behind defenders to pass into





Dribbling – beating defenders



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals.

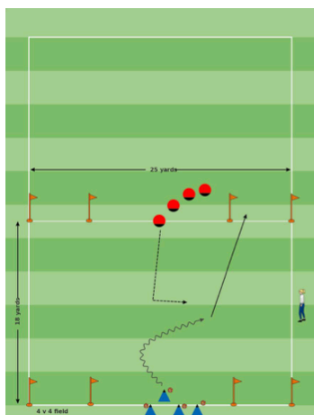
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play. Play for 20 minutes with two breaks.

KEY WORDS: Look up, pass, dribble

GUIDED QUESTIONS: 1) What are your options when you have the ball? 2) When is it a good time to dribble? 3) And when should you pass?

ANSWERS: 1) Dribble, pass or shoot. 2) When there aren't any defenders near me and I have space. 3) When a defender is blocking my path and a teammate is open.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 1 v 1 on Goal Lines

OBJECTIVE: To pass or dribble past opponents and move the ball forward.

ORGANIZATION: Mark out an 18 x 25-yard field with two goal lines on each endline. Attackers (Blue) and defenders (Red) line up between the goal lines on opposite endlines. The first attacker dribbles onto the field and passes across one of the goal lines at the first opportunity. The first defender runs in and tries to stop the attacker from scoring. The

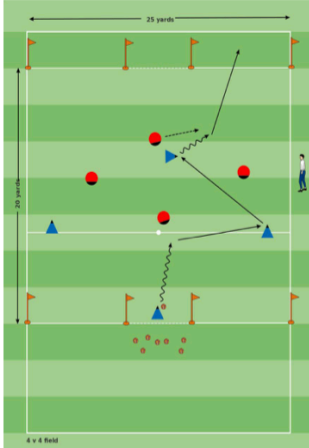
KEY WORDS: Pass, dribble

GUIDED QUESTIONS: 1) Attackers, what's the fastest and most reliable way to score? 2) What should you do if the defender blocks your path to the goal? 3) What kind of situation do you want to avoid?

ANSWERS: 1) Dribble toward a goal line and pass across before the defender reaches me. 2) Switch directions, dribble to the other goal and try to score on it. 3) 1 v 1s.

NOTES:





PRACTICE (More Challenging): 4 v 4 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

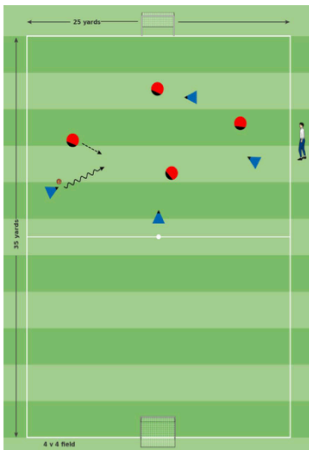
ORGANIZATION: Same as Core Activity, except teams play 4 v 4. The attackers have eight balls as above. Defenders do not rotate; teams switch roles after eight attacks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and create chances

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4, using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) How do you find an opening? 3) How do you create an opening? 4) What should you do if you see an opening? 5) When should attackers dribble? 6) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Look at the opponent's position. 3) Make the opponent move. 4) Pass or dribble through it. 5) When they have space. 6) When the defender is blocking their path and a teammate is open.

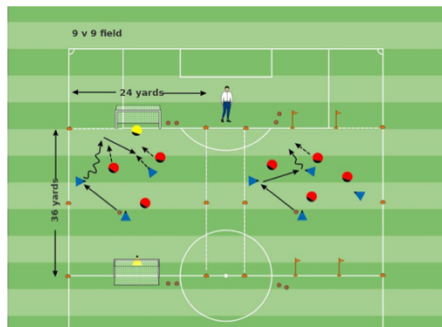
NOTES:

Notes: Encourage and reward creativity.... Really celebrate bold and fancy moves. Focus using both feet. GKs used in last phase of practice





Midfield Play



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To move the ball forward, create chances and score goals.

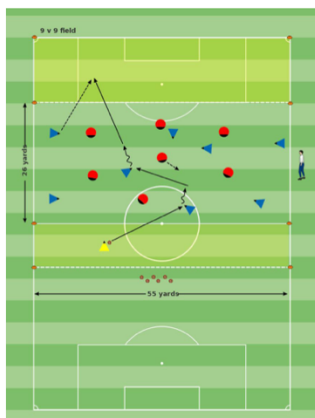
ORGANIZATION: Mark out two 36 x 24-yard fields. Divide players into four teams of four. Field 1: 3 v 3 on two goals with goalkeepers. Field 2: 4 v 4 on goal lines (pass on the ground to score). Free play: Play for 30 minutes with two breaks.

KEY WORDS: Use space, switch it

GUIDED QUESTIONS: 1) How do you cover the field when you're in possession? 2) How can you set yourselves up to break through on the wings?

ANSWERS: 1) Spread out as much as possible in all directions. 2) Draw opponents to one side by using slow passes, then quickly switch the attack to the other side.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each



PRACTICE (Core Activity): 9 v 7 on End Zones

OBJECTIVE: To change the point of attack, create chances and score goals.

ORGANIZATION: Between the centerline and the penalty box, mark out a 26 x 55-yard field with end zones. Teams play 9 v 7. Blue attacks in a 1-3-2-3 formation. To score, they must either dribble or successfully pass into the end zone. Blue's goalkeeper begins the attack with hands or passes (no punting) and remains actively involved (available for back passes)

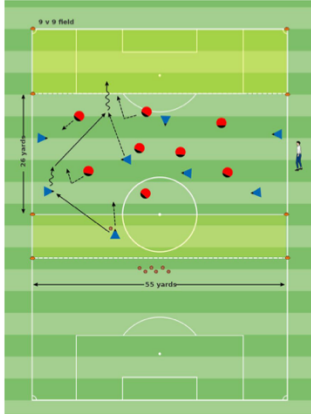
KEY WORDS: Switch, use space, be open, take opponents on

GUIDED QUESTIONS: 1) Where on the field do you have the best chance of breaking through to the end zone if the opponent is central? 2) How can you set yourselves up to score? 3) How can you best take advantage of a switch of play?

ANSWERS: 1) On the wings. 2) By quickly switching the point of attack. 3) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

NOTES:





PRACTICE (More Challenging): 8 v 8 on End Zones

OBJECTIVE: To change the point of attack, create chances and score goals.

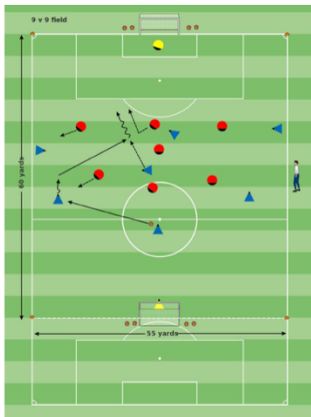
ORGANIZATION: Same as Core Activity, except teams play 8 v 8. Blue attacks from the end zone and can use it to build the attack. Red can only defend in the center zone.

KEY WORDS: Switch, use space, be open, take opponents on

GUIDED QUESTIONS: 1) Where on the field do you have the best chance of breaking through to the end zone if the opponent is central? 2) How can you set yourselves up to score? 3) How can you best take advantage of a switch of play?

ANSWERS: 1) On the wings. 2) By quickly switching the point of attack. 3) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To change the point of attack, create chances and score goals.

ORGANIZATION: Teams play 8 v 8 on a 60 x 55-yard field. Each plays in a 1-3-1-3 formation. Play for 30 minutes including one "halftime" (5 minutes max). Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS: Switch, use space, be open, take opponents on

GUIDED QUESTIONS: 1) How do you cover the field when you're in possession? 2) Where on the field do you have the best chance of breaking through if the opponent is central? 3) How can you set yourselves up to score? 4) How can you best take advantage of a switch of play?

ANSWERS: 1) Spread out as much as possible in all directions. 2) On the wings. 3) By switching the point of attack. 4) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

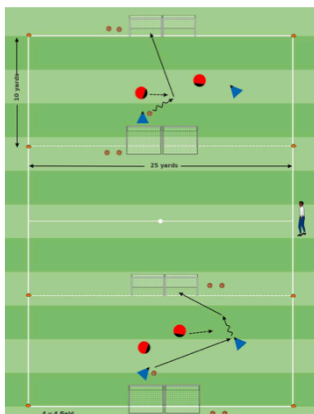
NOTES:

Notes: Pass when defender starts to step, dribble when there is space up the field. GKs used in last phase of practice





Scoring – teaching them scoring is fun



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

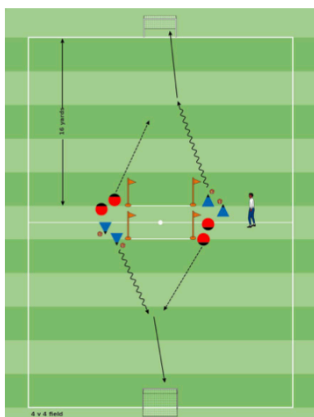
ORGANIZATION: Mark out two 25 x 10-yard fields, each with two double goals. If you don't have enough goals, use poles or cones to mark goals of the proper size. Players are divided into teams of two and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. Pass or dribble past an opponent. 3) Shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

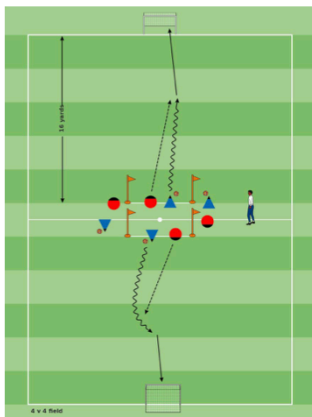
ORGANIZATION: Set up one small goal and one goal line about 16 yards apart. Two groups of four (attackers and defenders) start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line. Play for 20 minutes with two breaks.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot. **NOTES:** Start here at the core activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity.





PRACTICE (More Challenging): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

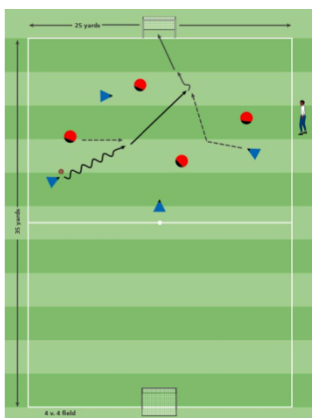
ORGANIZATION: Same as Core Activity, except attacker and defender start out side by side on the goal line.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 min.).

KEY WORDS: Opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening? 4) What should attackers do when the path to the goal is open? 5) How close do you need to be to shoot? 6) What should you do if the defender catches up to you?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Shoot, pass or dribble through it, depending on the game situation and your position on the field. 4) Dribble toward the goal quickly and directly 5) As close as necessary to be sure of scoring. 6) Cut across in front, block the defender's path and shoot.

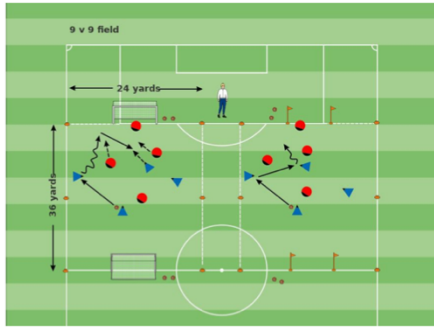
NOTES:

Notes: Lots and lots and lots of shots.... Passing into goal. GKs used in all parts of practice





Scoring – Part 2



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals by creating 1 v 1s and 2 v 1s

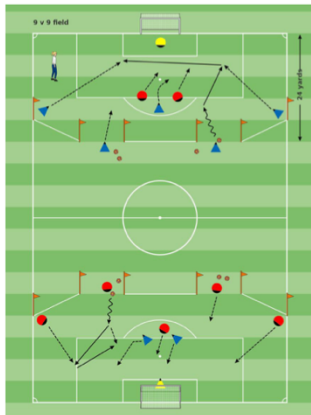
ORGANIZATION: Mark out two 36 x 24-yard fields. Teams play 4 v 4, either on goals (Field 1) or on goal lines (Field 2). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Take opponents on, pass, dribble, shoot, switch

GUIDED QUESTIONS: 1) How can you create a 1 v 1 or 2 v 1? 2) What do you do when the opponent closes down one wing? 3) What do you do if you see an opening?

ANSWERS: 1) Spread the field and pass to a wing player, who pushes forward and tries to create a 1 v 1 or 2 v 1. 2) Look for an opening in the middle, or behind, and play the ball out of pressure by switching it to the opening. 3) Shoot first, pass second, dribble third.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 5 v 2 on One Goal with Goalkeeper

OBJECTIVE: To create chances and score goals

ORGANIZATION: Mark out two fields as shown. Assign five attackers, two defenders and one goalkeeper to each field. Teams play 5 v 2 + GK. Free play: Attackers begin in their starting positions and try to finish on the goal as quickly as possible. The defenders counterattack by passing through the goal lines. Which team scores more goals in three minutes?

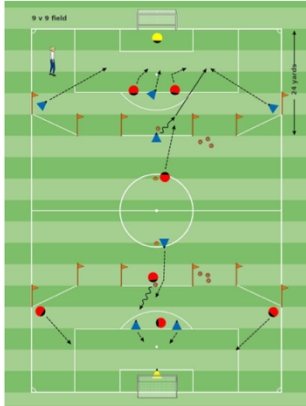
KEY WORDS: Take opponents on, shoot, pass, dribble

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.

NOTES:





PRACTICE (More Challenging): 4 v 3 on One Goal with Goalkeeper

OBJECTIVE: To create chances and score goals.

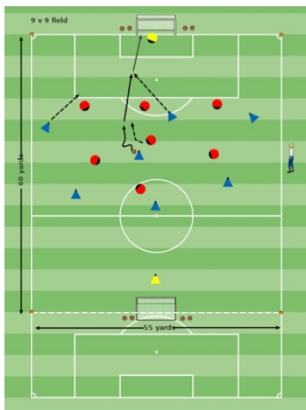
ORGANIZATION: Same as Core Activity, except teams play 4 v 3 with two defenders in the middle and one midfielder in the backfield. The red midfielder makes a recovery one once the play begins.

KEY WORDS: Take opponents on, pass, dribble, shoot

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To create chances and score goals

ORGANIZATION: Teams play 8 v 8 on a 60 x 55-yard field. Each plays in a 1-3-1-3 formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Shoot, Pass, dribble, take opponents on

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.

NOTES:





Defending from the front



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from building up, win the ball and score.

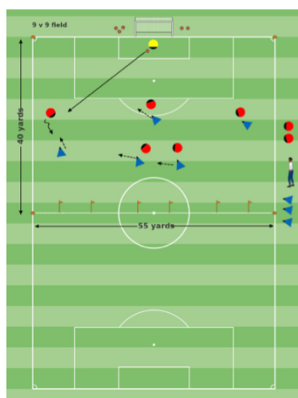
ORGANIZATION: Mark out two 36 x 24-yard fields. Divide players into four teams of four. Free play: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Goals scored after winning the ball in the opponent's half count double. Play for 30 minutes with two breaks.

KEY WORDS: work together, stay close, move with the ball

GUIDED QUESTIONS: 1) How do we work together to close the openings? 2) How do we communicate that? 3) What do we do when they play square passes or change the point of attack? 4) Where do we want to force them?

ANSWERS: 1) Form a compact unit and block forward passing lanes. 2) By encouraging our teammates to challenge the opponent with specific instructions like "move left" or "pressure the ball". 3) Move together with the ball. 4) Towards a covering teammate or backwards to their goal.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.



PRACTICE (Core Activity): 5 v 6 Large Goal to Three Small Goals

OBJECTIVE: To prevent the opponent from building up, win the ball and score.

ORGANIZATION: Mark out a 40 x 55-yard field to play 5v6. Red (1-3-2) scores by passing to three small goals and Blue (2-3) plays to a large goal. Free play with regular restarts until a goal is scored, then return to starting position and Red's goalkeeper begins a new play. Rotate players every 2-3 repetitions and between teams.

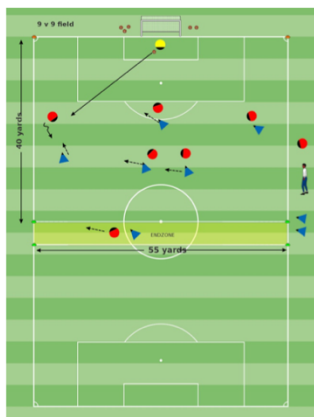
KEY WORDS: work together, stay close, move with the ball

GUIDED QUESTIONS: 1) What are your signals to start pressing? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

ANSWERS: 1) Bad pass/touch, or when his/her head is down. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, and pay attention to players running into space behind us.

NOTES: Start here at the Core Activity and determine the level of challenge. If it's too easy, move to the More Challenging Activity. If it's too difficult, move to the Less Challenging Activity. Spend a total of 30 minutes in the Practice phase. Refer to the Training Session Manual.





PRACTICE (More Challenging): 6 v 7 Large Goal to Endzone

OBJECTIVE: To prevent the opponent from building up, win the ball and score

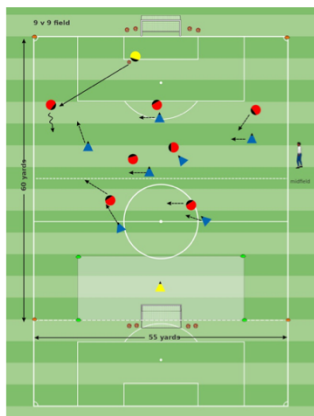
ORGANIZATION: Same as Core Activity, except Red has 6 players on the field and one target player in the endzone. Blue has 5 players on the field and one defender in the endzone. Both endzone players can move anywhere inside of the endzone. Red can score by either passing (to the target or any other player) or dribbling into the endzone.

KEY WORDS: work together, stay close, move with the ball

GUIDED QUESTIONS: 1) What are your signals to start pressing? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

ANSWERS: 1) Bad pass/touch, or when his/her head is down. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, keep the openings closed, and pay attention to space behind us.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from building up, win the ball and score

ORGANIZATION: Mark out a 60 x 55-yard field. Play 8v8. Red plays in a 1-3-2-2 formation and Blue plays 1-2-2-3. Each team tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: work together, stay close, move with the ball

GUIDED QUESTIONS: 1) Why is it good to win the ball in the opponent's half? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

ANSWERS: 1) We're close to their goal. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, and pay attention to players running into the space behind us.

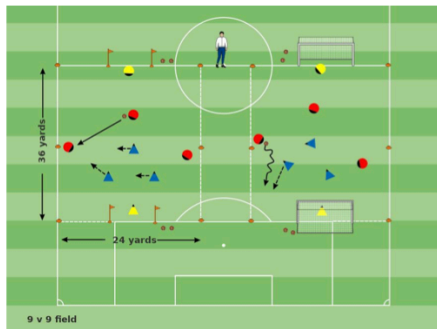
NOTES:

Notes: First player goes, team covers behind him.... The toughest part to this training session is keeping the whole team from going at the same time





Defending from the back



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To stop the opponent's attack, win the ball and score

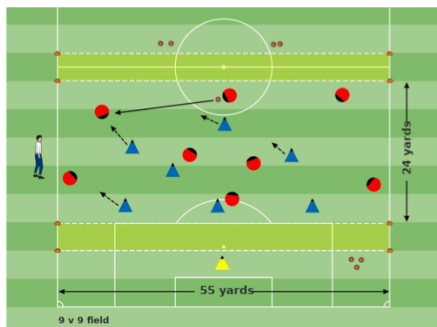
ORGANIZATION: Mark out two 36 x 24-yard fields. Divide players into four teams of four. Teams play 4 v 4 on goals with permanent goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Defend together, move with the ball, pressure, cover, balance

GUIDED QUESTIONS: 1) As a group, what do you need to do to keep opponents away from your goal? 2) What's your job if you're the defender closest to the ball? 3) Which path should you always block? 4) So where do you want the attacker to go?

ANSWERS: 1) Form a compact block, move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs. 3) The direct path to the goal. 4) Outside or away from the goal.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 8 v 8 on End Zones

OBJECTIVE: To stop the opponent's attack.

ORGANIZATION: Between the centerline and the penalty box, mark out a 55 x 24-yard field with 5-yard-deep end zones. Teams play 8 v 7 + GK (Red v Blue). Red attacks in a 3-2-3 formation. To score, they must either dribble or successfully pass into the end zone. Blue defends in a 1-3-3-1 formation. If they win the ball, they can score by dribbling into the end zone.

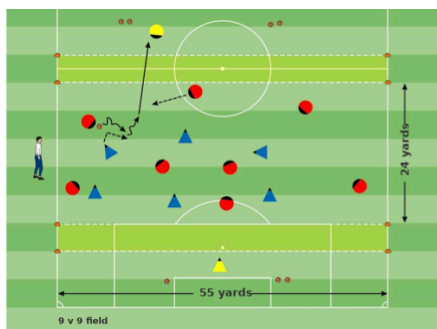
KEY WORDS: Defend together, move with the ball, pressure, cover, balance

GUIDED QUESTIONS: 1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closes to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead? 5) How can the GK help in defense?

ANSWERS: 1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes. 5) By organizing the players in front of him/her.

NOTES:





PRACTICE (More Challenging): 9 v 6 on End Zones

OBJECTIVE: To stop the opponent's attack

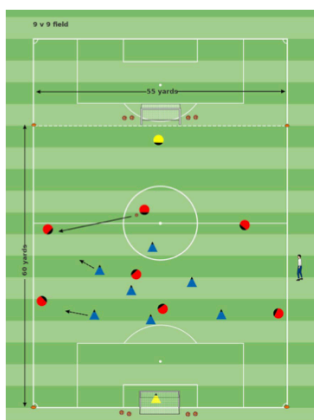
ORGANIZATION: Same as Core Activity, except teams play 9 v 6. Blue can score by dribbling into the end zone or passing to either goalkeeper.

KEY WORDS: Get compact, stay compact, move with the ball, pressure, cover, balance

GUIDED QUESTIONS: 1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closest to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead? 5) How can the GK help?

ANSWERS: 1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes. 5) By organizing the players in front of him/her.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To stop the opponent's attack, win the ball and score

ORGANIZATION: Mark out a 60 x 55-yard field. Teams play 8v8 in a 1-3-1-3 formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Defend together, move with the ball, pressure, cover, balance

GUIDED QUESTIONS: 1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closest to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead? 5) How can the GK help?

ANSWERS: 1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes. 5) By organizing the players in front of him/her.

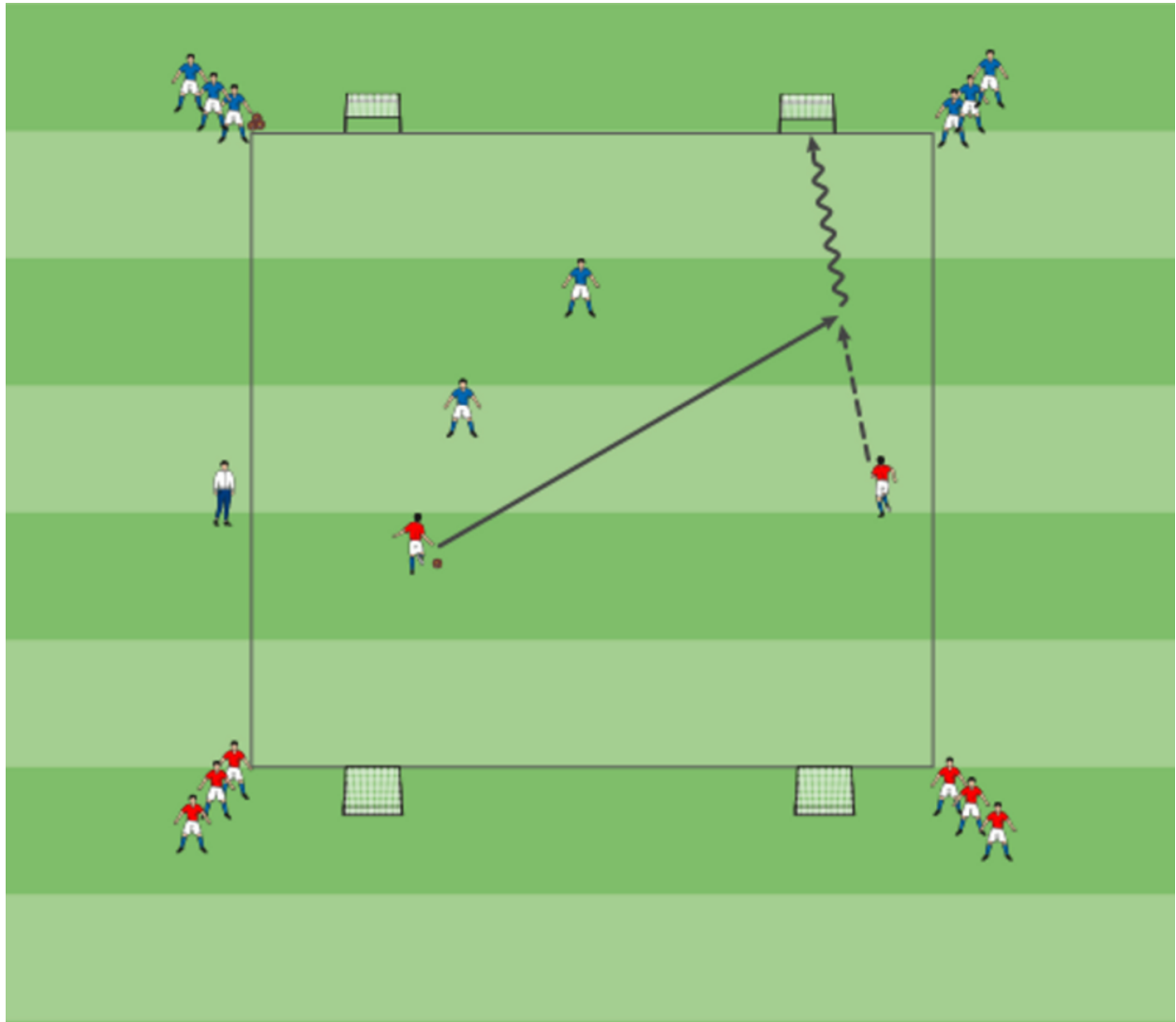
NOTES:

Notes: Between ball and goal first. No goals allowed mentality



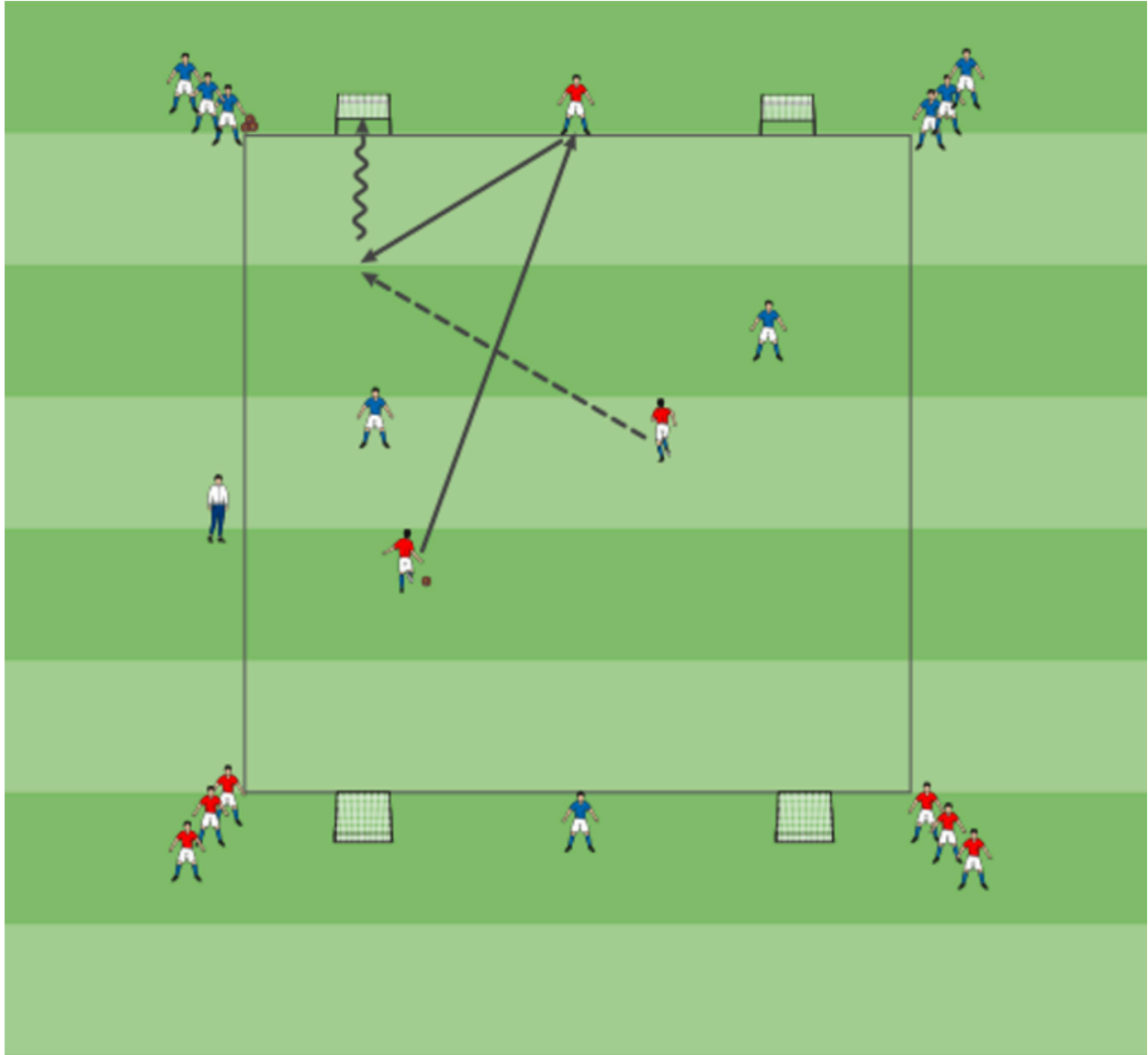


Small Sided Games



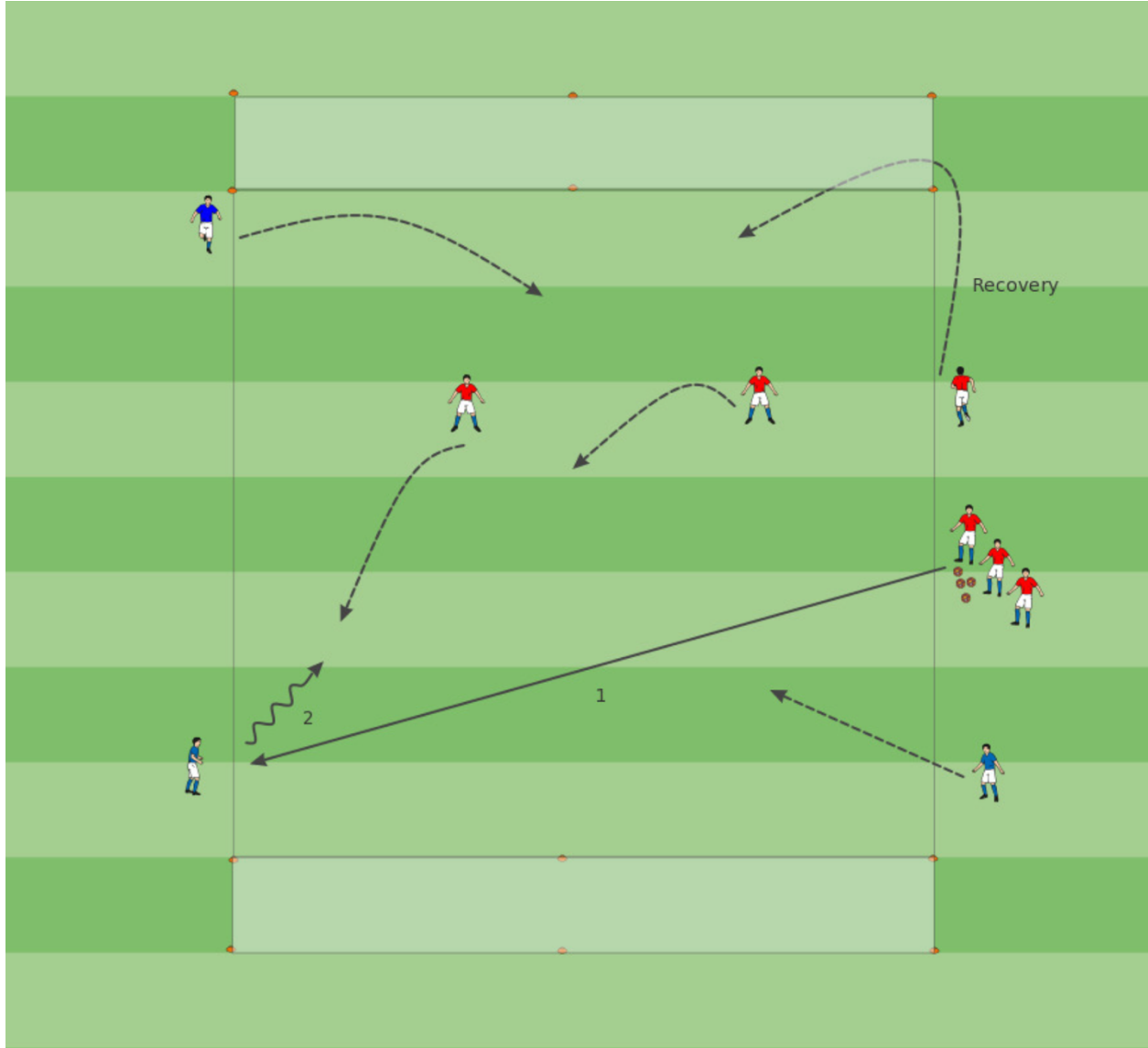
2v2 to 4 goals





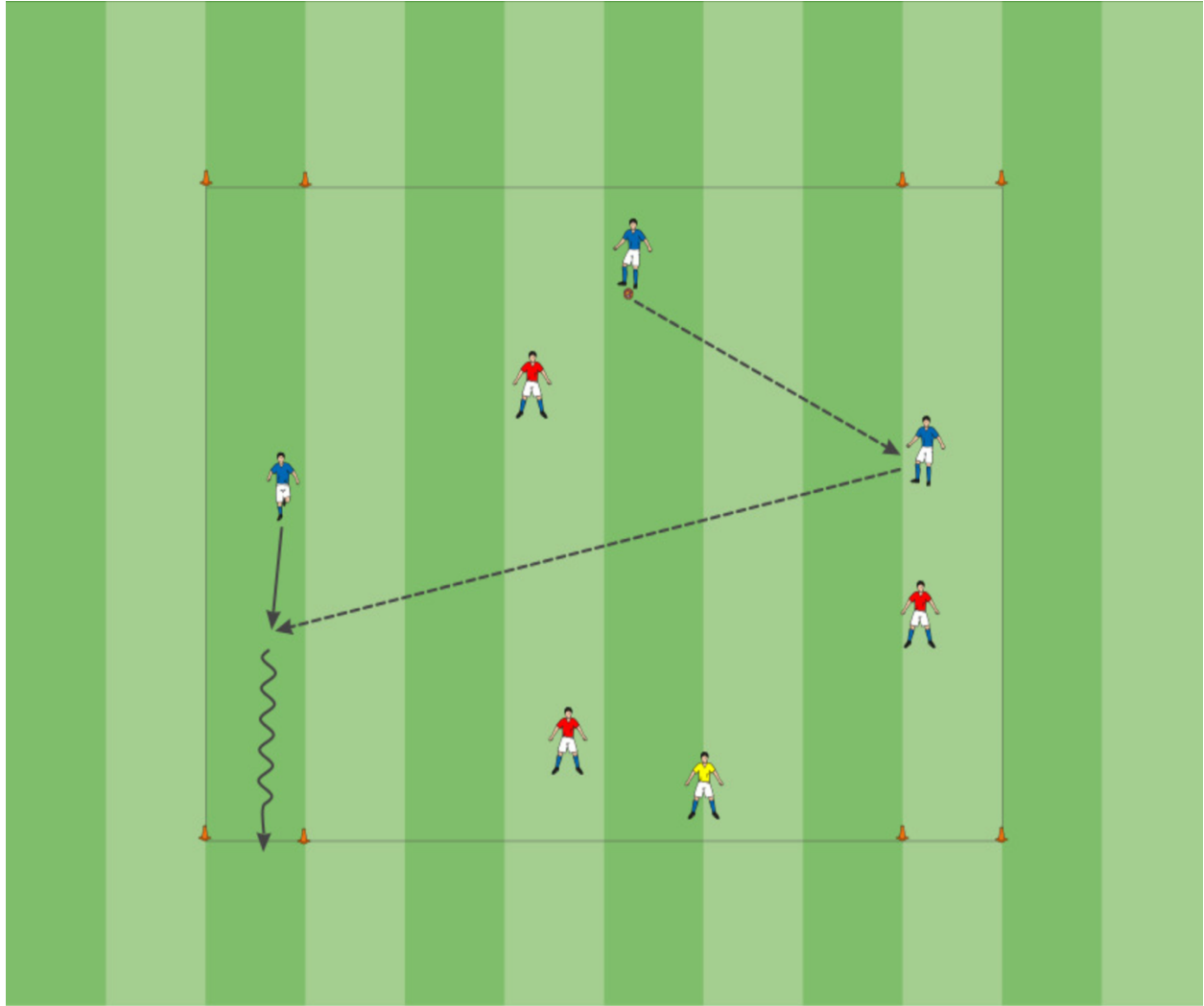
2v2 plus target to 4 goals





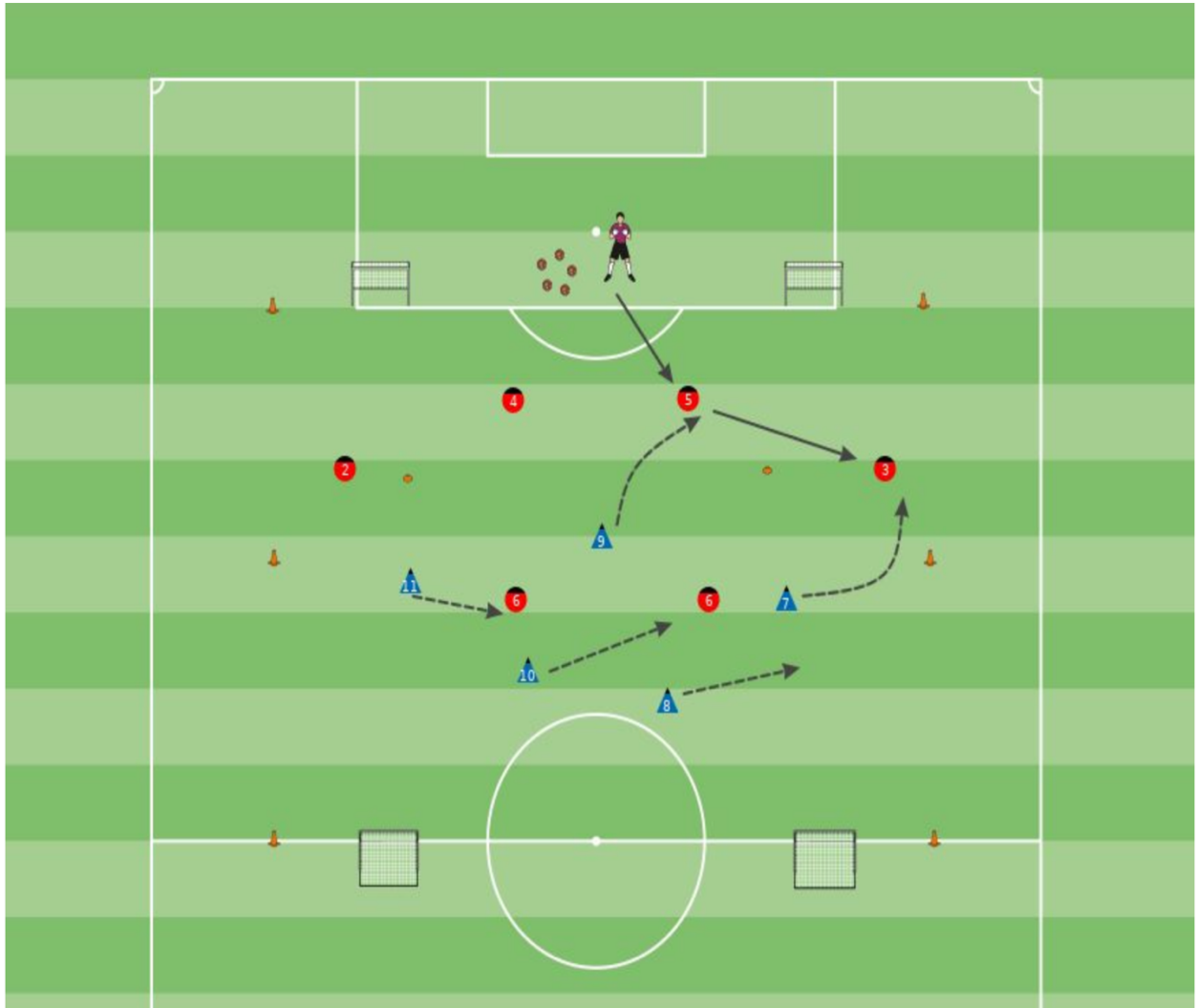
3v2 → 3v3 to Endzones





3v3 plus 1





5v5 plus GK

